



EBOLA VIRUS - THE DEVASTATING EFFECTS ON THE HUMAN BODY - [CLICK HERE](#) FOR INFORMATION



FREE DELIVERY ON ORDERS WITHIN THE UNITED KINGDOM - [CLICK HERE](#) FOR INFO AND RATES OUTSIDE THE U.K.

MENU

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- ▶ 10 Superfoods to help improve Blood Circulation

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FOOD THAT REDUCE CHOLESTEROL

By substituting each of these foods with the one to its right, you will greatly reduce your cholesterol level, and give yourself a fighting chance against **Arteriosclerosis, Hypertension, Stroke** and **coronary failure**.



RED MEAT, SHELLFISH, SAUSAGES

Red meats are beef, lamb and pork. They promote increases in cholesterol levels and arteriosclerosis. Crustacean shellfish contain almost twice the cholesterol as meat in addition to having other drawbacks.



FISH OR SKINLESS POULTRY

These contain fats that are less prejudicial than those of red meat, although they cannot be said to reduce cholesterol. They are only beneficial when they **replace** red meat or shellfish.



LEGUMES, MEAT ANALOGS

Legumes, meat nanalogs and other alternatives to meat, contain no cholesterol or fat that fosters its production in the body. Legumes contain soluble fiber that reduces cholesterol level and prevents arteriosclerosis.



BUTTER OR BACON

Being very rich in saturated fat and cholesterol, these products are the most harmful for arterial health.



MARGARINE

When it **replaces** butter, bacon or animal fat in general, margarine reduces cholesterol. However, it contains trans fatty acids that foster arteriosclerosis.



VIRGIN OLIVE OIL OR SEED OILS

Both are more healthful than margarine and reduce cholesterol levels when they **replace** margarine in the diet.



NONFAT MILK

This is preferable to whole milk, but its casein content still has a negative effect on cholesterol level.



SOY OR ALMOND MILK

These contain no cholesterol, lactose, or casein, all of which are detrimental to cardio-vascular health. Soymilk also contains cardioprotective isoflavones.



LOW-FAT COTTAGE CHEESE



AVOCADO AND TOFU

bike out

This contains saturated fat, cholesterol and sodium, all of which are prejudicial to arterial health.

This is preferable to cured cheese, but not as healthful as tofu or avocado.

These are an excellent replacement for cheese. They both reduce cholesterol level. Avocado provides antioxidant vitamin E.

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INDUSTRIAL PASTRIES AND SWEET ROLLS

These contain refined sugars and trans fatty acids, which increase cholesterol and foster arteriosclerosis.

WHOLE-GRAIN BAKED GOODS

Preferably made without hydrogenated vegetable oils, thus eliminating trans fatty acids.

SWEET AND CHOCOLATE

The sugar and fat they contain increase cholesterol level.

DRIED FRUIT, HONEY, MOLASSES

These are the most healthful of sweets.

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thnx, this is very informative...

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Norma Jean Scully · Monroe College

need to start this asap

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